

MEET YOUR VENDOR: SANDRA S., PAGE 3

GROUNDCOV

NEWS AND SOLUTIONS FROM THE GROUND UP | WASHTENAW COUNTY, MICH.



A new recuperative center at Delonis gives patients who don't have a safe home a chance to get better after they get out of the hospital. Page 6



- Proposal: Housing-development accelerator
- Charbonneau: Open your eyes to housing inequity. PAGE 4

Immigrants can use some benefits without jeopardizing citizenship — new regulation Oct. 15

Groundcover staff

Immigrants to the United States are giving up health and social benefits due to fears of a new federal rule that's scheduled to go into effect in October, according to news reports. The rule can adversely affect an individual's immigration status if they receive public assistance.

However, there are notable exceptions to the changes to the "public charge" regulation, says Robert Gordon, director of the Michigan Department of Health and Human Services. Harmful misunderstandings about the rule deter individuals from seeking help; even though they are in the United States lawfully, they are eligible for assistance and their receiving benefits consistent with immigration status will not be affected by getting assistance.

• The rule does not affect individuals who are already citizens or who are in the process of applying for citizenship. Lawful Permanent Residents (green card holders) are only affected if they will leave the United States for more than six months and need to be approved for readmission. The public-charge test does not apply at the time of green card renewal. Citizens or green card holders should be encouraged to get benefits they need and are eligible for.

• The rule does not count receipt of benefits by family members against some others. Individuals who have applicants for green cards. Eligible children can and should continue ries can and should continue receivstate and federal law, regardless of the immigration status of their benefits, SNAP, Medicaid (except for on Oct. 15.

Medicaid will not be held against

• The use of emergency Medicaid, Medicaid coverage for pregnant women and Medicaid coverage for for public-charge determinations. children under age 21 will not be held against an immigrant in a public-charge determination.

• The rule contains other important exempt categories, including refugees, asylees, U-visa or T-visa recipients, Violence Against Women Act, Special Immigrant Juveniles and or are seeking status in these categoing benefits consistent with state law.

• The rule only counts use of cash

Here's what to know, according to parents. Children who apply for emergency Medicaid, and coverage green cards themselves may be sub- for pregnant women and children ject to the rule, but their receipt of under 21), public housing, and Section 8. Use of other benefits such as WIC, school meals, energy assistance and Affordable Care Act marketplace coverage are not considered

> For uncertainties or complicated cases, individuals should see a lawyer. Individuals can go to immigrationadvocates.org for a directory of immigrant-focused legal services available in Michigan

> Further information and resources, including printable fact sheets in several languages, are available at protectingimmigrantfamilies.org/ know-your-rights.

Unless the regulation is changed or blocked by litigation, it will take effect

Learn about whiteness, racism in this podcast-inspired show

Groundcover staff

"Unraveling Racism: Seeing White" is a gallery show and event series spanning two October release. weekends at 22 North Gallery in Ypsilanti. Inspired by a 2017 podcast series about whiteness, "Seeing White," the show was created by a local group of artists who have listened to, discussed and made art about whiteness. Laurie been set up in a way that they just run this way Wechter, one of the artists, said "listening to the on their own," says John Biewen in the first epipodcast is in no way necessary in order to understand the show."

and have a pending space for a show in Detroit may just want to listen to the series. in January," she said.

Events will run Oct. 4-6 and Oct. 18-20. Twenty

artists "tug at the hidden strands of systemic racism woven into the fabric of American society — focusing on whiteness," according to a press

"Turning the lens around, looking straight at white America — and at the notion of whiteness itself ... You can have racism without individual racists, because systems and structures have sode of the "Seeing White" series in his podcast, "Scene on Radio." After experiencing the "We do hope to take the show to other galleries thought-provoking installations at 22 North, you

Know and go

What: "Unraveling Racism: Seeing White" Where: 22 North Gallery, 22 North Huron Street, Ypsi

Events:

Oct. 4, 7-10 p.m. — opening reception and interactive performance with Melanie Manos

Oct. 5, 1-5 p.m. — talks by Miki Graznak, Azya Moore, Margaret Parker; performance by lisa eddy

Oct. 6, 1-5 p.m.— talks by artists Michael Dixon and Laura Earle

Oct. 18, 7-10 p.m. — open discussion

Oct. 19, 6-10 p.m. — closing reception and performances by Will See and Melanie Manos

Oct. 20, 1-5 p.m — talks by artists Justin Cox and Mia Risberg; performance by lisa eddy

Learn more: artkettle.com, 22north.org, sceneonradio.

GROUNDCOVER

Mission

Creating opportunity and a voice for low-income people while taking action to end homelessness and poverty.

Susan Beckett — publisher Michelle DeFrancesco — managing director Jim McBee — managing editor

Andrew Nixon — editor

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MEET YOUR VENDOR



Sandra S., vendor No. 233

Who are you?

I'm a Groundcover News vendor that is involved in many other activities.

Where do you normally sell Groundcover?

In the Quaker church [Ann Arbor Friends Meeting House].

When and why did you start selling Groundcover?

In January 2015, because I needed to make quick cash type of income at the moment.

What's your favorite thing about selling **Groundcover?**

My favorite thing about selling the Groundcover is when I get to interact with a potential buyer and especially when we talk about the articles I've written.

What's something our readers should know?

That thanks to this publication, a lot of vendors just like me have been able to overcome their struggles with homelessness, and being able to maintain housing as well, when only receiving low-income wages

What's the most interesting thing that's ever happened to you while selling Groundcover?

I've met people that, noticing I have good people skills, try to recruit me to go work for them.

How would you like to see Ann Arbor/Washtenaw County change for the better?

I'd like if the developmental ideas of transforming publicly owned sites to build and offer affordable housing becomes a fact in the near future.



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Is it traumatic to be homeless? Picture the treatment options

SANDRAS.

Groundcover vendor No. 233

I have studied psychology for a while, and it appears the experts don't consider homelessness traumatic. You hear professionals say that being in combat creates trauma. Or perhaps you might read in a psychology book that being a victim of sexual assault creates trauma, or being present at a natural disaster might have some after-effects in the onset of trauma. However, trauma as a consequence of homelessness is never mentioned in the textbook assigned for a course I took in abnormal psychology.

The book we used was called "Understanding Abnormal Behavior" by David Sue, et al. The course was about learning the psychiatric diagnoses that are current in the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition. In the chapter on trauma- and stressor-related disorders, homelessness is not listed as a trigger to experiencing trauma. What they categorize as exposure to traumatic events are: unexpected death of a close friend or loved one, another's life-threatening event, witnessing family violence, unwanted sexual attention or contact, severe injury (to self or someone else), motor vehicle accident, threat to one's life, stalking, childhood physical abuse and partner violence. They also did a case study of a veteran diagnosed with post-traumatic stress disorder, and another case study of a woman diagnosed with acute stress disorder after having experienced natural disasters.

I haven't had the privilege to publish a book, so who am I to criticize? But since the cause of Groundcover is to help the homeless community and since I have been homeless myself, I just feel it is important for me to share my opinion on this. As someone who has experienced homelessness and as someone who has seen it happen to others, pretty closely in some of my fellow Groundcover vendors, I just think that we have been affected mentally and react to certain situations in life, in the same way a person diagnosed with post-traumatic stress disorder might react.

I don't think we need a pat on our back from a psychologist. That's not what matters. What matters is the type of treatment we might qualify for only if we are diagnosed. Without treatment, we can't get better. Without getting better, what is the chance we can overcome homelessness and stay housed for good?

don't, I believe trauma is trauma — and homelessness can definitely be traumatic. Below are several treatment options for trauma-related diagnosis I've learned about that could be helpful to anyone who's experienced trauma — including, in my opinion, homelessness.

Based on what I learned, certain antidepressants show moderate effect in changing serotonin levels and reducing the reactivity of the amygdala (a structure deep in the brain that's down. Happy October to you! ●

critical to emotional learning) and desensitizing the fear network. The authors talk about other medications like D-cyclosporine, which decreases the intensity of fear felt by a person with PTSD. They talk about Prazosin, which can reduce the nightmares people with PTSD experience. And they talk about "Propranolol, a beta-blocker believed to reduce memory consolidation of a recent trauma (if given within 6 hours of the event)."

Other treatments include cognitive behavioral therapy, which helps patients identify and change dysfunctional thinking in relation to the traumatic event and their beliefs about themselves. Sometimes a trauma patient thinks they are to blame for what happened, or they deny they are worthy. Cognitive behavioral therapy helps them substitute healthier thinking.

Also, there is prolonged exposure therapy that involves imaginary and real-life exposure to trauma-related cues. For this last treatment, there appears to be no evidence of reducing psychological distress or preventing the development of PTSD with a single session. And last, there is another form of therapy called eve movement desensitization and reprocessing. With EMDR, the patient "visualizes their traumatic experience while following a therapist's fingers moving from one side to side." The therapist prompts the patient to change the negative thoughts in relation to the negative experience with positive thoughts. That way, they end up detaching from negative emotions, substituting them with more adaptive considerations of the trauma.

Because trauma is often mixed with physical medical conditions, such as heart disease, high blood pressure, migraines and asthma, there also exists the treatment of psychophysiological disorders. These are mainly relaxation and biofeedback training.

After relaxation training, the patient "acquires the ability to relax the muscles of the body under almost any circumstances." The patient is instructed to focus on one set of muscles at a time — first tensing tightly each muscle for 10 seconds and then relaxing the same muscle they were working on.

Biofeedback is "a self-regulation technique that allows people to alter physiological processes in order to improve physical or mental health." In biofeedback training, a therapist offers instruction on how a patient can voluntarily control a physiological function like heart rate or blood pressure. During training, Whatever the psychology manuals say or the patient receives constant feedback regarding a specific physiological activity. For ex`ample, blood pressure might be visually represented while the patient learns to maintain it in the desired range.

> If you don't have current access to the types of treatment mentioned here, but you have experienced homelessness in the recent past, it might be worth finding out what you can do about it, especially if you feel it is bringing you

customers?

was no indication of how these goals

Roundtable manifesto.

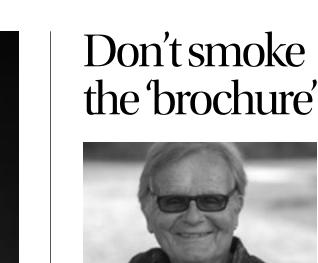
wanted to sound like they were doing Volkswagen emissions scandal and

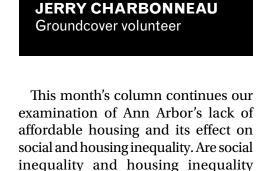
the right thing. That mandate said Bernie Madoff's Ponzi scheme, to

everything and said nothing. There mention a few. Then there are the outsized salawould be achieved. Nothing about ries of CEOs, their perks and golden recognizing unions, minimum parachutes, and the mantra of corwages, environmental controls, porate profits above all that have prerights of privacy, how they were vailed for so long. And then we have going to start paying more taxes or consumer advocates like Sen. Elizatake steps to assure customer care. beth Warren (D-Mass.), who has Nada! Zilch! So, each company can been warning that competition is go about business as usual while dying and businesses, especially giving lip service to the new Business banks, are taking their customers to

the cleaners. But the reason for doing this is Let's face it. These turnabouts are simply that people no longer have a not going to happen readily without favorable image of business. Back in further arm-twisting by the Ameri-1950, a poll found that 60 percent of can people, the broadcast and social Americans had a favorable image of media and the government. And as big business. Fast forward to 2017, long as we have lobbyists, these folks and a Gallup poll said only 21 per- will fight reasonable changes tooth cent had a favorable image of big and nail. But maybe things are going business. Before 1950, it is hard to to get better now, and this Roundtarecall a business scandal; maybe the ble statement will be a watershed profiteering of businesses during event that marked the beginning of a World War II and the Teapot Dome new economic order. We'll see.

oil scandals going back to the 1920s. I hope that it [the new Business Since that time there have been so Roundtable statement] gives compamany that we are no longer surprised nies more room to do the right thing at the next one. There was the Enron and be transparent about it and say, accounting fiasco, Wells Fargo's "Look, this is wrong."





related? Recent research findings

reported by the International Monetary

Fund in September argue that they do

intersect and reinforce one another. We need to address the structural basis of social inequality and why Ann Arbor is doing far too little to create a diverse and inclusive city with housing justice for all. This article addresses why.

"Don't smoke the brochure" is a metaphor used by the Rev. Steven J. Daniels Sr., pastor of The Second Baptist Church of Ann Arbor. I met with Daniels to discuss the city's housing problem and how it affects residents. He has recently moved here and described his first experience of housing inequality on a panel on housing. A U-M student on the panel commented that he couldn't afford to live near campus and had to live in Ypsilanti, instead. That's when Dr. Daniels realized Ann Arbor has housing inequality and that there's more to our city than the hype.

Publication after publication ranks

Ann Arbor as a city with great quality of

life, high education levels and income,

and excellent schools. That's what Dan-

iels means by "the brochure." He says

we need to be careful about "smoking

the brochure." His concern is that too

many residents of the city don't realize

the problem of the lack of affordable

housing. In my opinion, the point is that

Ann Arbor, collectively speaking,

doesn't believe or see that there's a

Ann Arbor is a wonderful town, but it

is a community struggling to face its

shadow — the beguiling "brochure"

that arguably lies at the root of our lack

of affordable housing and the resulting

housing inequality that too often

remains hidden. Next month, we'll examine possibilities of confronting and

overcoming the brochure.

The 'brochure'

problem.

A strong advocate for the statement was JP Morgan Chief Executive Jamie Dimon, also chairman of the Business Roundtable. He had previously strongly defended the Freidman idea, but in recent years had need to address such issues as income equality, racial and gender issues, lack of equal opportunity, immigration and health care. Other business leaders have begun to speak out on the need for companies to be good citizens.

OCTOBER 2019

It seems historic, but one wonders whether, years from now, it will be

Out of the blue on Aug. 19, the

Business Roundtable, a group of

nearly 200 chief executives of the

largest companies, said it is shifting

the purpose of corporations. These

leading executives, in a mouthful,

now say that "customer value, investing in employees, fair and ethical

supplier relationships and care for

the community and environment are

also the purpose and responsibility

of a business, in addition to long-

The profit motive has been sacro-

sanct ever since 1970 when Milton

Friedman said that, basically, "the

only reason a corporation existed

was to make money." Over the next

close-to-half-century, that was the

echoed 17 years later in the film

"Wall Street," with the memorable

line from financier character, Gordon

Since 1978, the Business Roundta-

ble has issued its Principles of Cor-

porate Governance. Every year, it

was about the same. It endorsed the

principles of shareholder primacy:

that corporations existed principally

to serve stockholders, just as Prof.

nouncement, that all got tossed out

the window. The new statement

supersedes the previous ones and

outlines a modern standard for cor-

term shareholder value."

Gekko, "Greed is good."

porate responsibility.

talked about as a "game changer."

Participating companies in the Business Roundtable are expected to buy into:

- Delivering value to customers
- Investing in employees
- Supporting local communities
- Generating long-term value for shareholders.

Ten members did not sign off on these, including the ethically chal- want to share their personal inforlenged Wells Fargo and General mation with vendors? Or that Electric, as well as Kaiser Perma- Walmart will start paying a livable nente, State Farm and Alcoa. They wage to its workers and give them

MARTIN STOLZENBERG

Groundcover contributor

worry about was making dough. And it was usually just the latest quarter they were judged by, not next quarter, not the upcoming year or several years out.

Now it's supposedly a new game. CEOs are going to have a whole new group of stakeholders: the employmantra. The premise was succinctly ees, the vendors, the business customers, the consumers, the community and, yes, the shareholders. You can expect that more people will be sitting around the table when corporate decisions are made in the future. Don't be surprised if companies start to pattern themselves on European counterparts with an employee or two on the board as well as consumer advocates.

This gives businesses the opportu-Friedman said. With this new pro-nity to live up to the country's highest ideals, the notion of a business as a good citizen. But you can bet your bottom dollar they won't forget the profit motive, they'll just add lavers to it. Or will they?

At first blush, it sounds blissful, what everyone thinks a business should be like. But maybe it's time to be a little skeptical. It made page one of The New York Times, but it hardly cracked cable news. The talking come around, speaking out on the heads weren't going over it with a fine-tooth comb. And so far, not one of the roughly 180 companies that signed on has come out and said, "Here's what we are now changing as a result of signing on to the new Business Roundtable statement."

Be skeptical of Big Business' ethical turnaround

as the only directive.

Previously, all the CEO had to

Instinctively, people were suspicious. Do we think Amazon is going to suddenly start paying taxes, or slow down its conveyor lines to give its employees a respite? Or that McDonald's will welcome unions? • Dealing fairly and ethically with Or that Koch Industries will stop sending pollutants into the air if they can help it? Or that American Airlines will put more leg room into its economy seats? Or that Facebook will ask its viewers whether they want to stick with shareholder value affordable health-care benefits? Or

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ing lot owned by Washtenaw County. | Kazi Najeeb Hasan

U-M lecturer proposes student-led housing-development accelerator

SPECIAL REPORT: Rethinking the Ann Arbor housing crisis

• Concentrate continues our shared coverage solutions to the lack of housing in Ann Arbor that's driving up rents and home prices throughout Washtenaw County. Read more at concentratemedia.

As we study this economic model, we can not only solve affordability, we can address sustainability and mobility if these places are more walkable.

> **PETER ALLEN** Developer

EMILY BENDA

Ann Arbor's lack of affordable housing has been widely discussed in recent years, with few solutions put into action. But a University of Michigan adjunct lecturer and his graduate students envision a new approach: a student-driven development accelerator that would research potential public properties and create affordable housing plans for them.

The idea comes from lecturer and longtime developer Peter Allen and students in his graduate course, Real Estate Essentials.

"There's a kink in the pipeline," Allen said. "We're not supplying the demand for those people making around \$30,000 to \$60,000 (a year). I don't think we're providing at best 25% of the demand, and that's why rents are so high."

Allen's proposed development accelerator would be a joint effort of the city, U-M students and faculty, and other public entities. Graduate students and faculty from U-M's Ross School of Business, Taubman College of Architecture and other departments would identify and research public properties suitable to redevelop into housing.

Allen's students would do the first round of research and identify potential development sites. Allen proposes further research be done in an additional course and summer internship, alongside U-M faculty and industry professionals. Once completed, the group would make recommendations to its government stakeholders to develop these public properties.

Graduate students in Allen's course already study trends in urban revitalization and complete projects involving development opportunities in cities such as Ann Arbor, focusing on sustainability, mobility, affordability and community.

Maggie Cease, a former student of Allen, says the majority of student projects involve mixed-use buildings.

"We learned how to create a successful (development) proposal," Cease said. "How can we bring community and stakeholder inter-

See **DEVELOPMENT** page 10 **→**

Recuperative care comes to Ann Arbor's shelter



SUSAN BECKETT

Every day, people are discharged from hospitals to the streets. With no place to heal and no one to help, infections, illnesses and injuries worsen, leading to poor health outcomes and expensive re-hospitalizations. The Shelter Association of Washtenaw County now offers a solution for some people who are ready for release from the hospital but who don't have a home and are still recovering — a stay in its Recuperative Care Center at Delonis Center.

"I was the third patient [admitted to the RCC], fresh from an amputation," said David Compton. "Forty days ago, I was walking around." Compton is currently confined to a wheelchair. "I came here because I didn't have any place to go that was accessible."

A chef who has supervised numerous restaurant kitchens around Michigan, including Ruby Tuesdays and Audie's on Mackinac Island, Compton looks forward to getting back to work once his wound has healed and he is can be on his feet again.

"I think I'm the guinea pig for the



Valerie Johnson, case manager for the Recuperative Care Center (right), visits Marc Carter and David Compton at the Delonis Center. | Photo by Jim McBee

University of Michigan hospital," touch with U-M hospital social workers who ask about the RCC. They arrange for physical and occupational RCC and work with him.

Another RCC patient, Marc Carter,

has been impressed with the facility Compton said. He is frequently in and is eager to help it improve. "I'm helping with my ordeal to help them smooth out the wrinkles," said Carter. He was impressed with the breadth of fitted with a prosthetic lower leg so he therapists to come to his room at the services. "If you're capable of having your own housing, it [the program] helps you get independent."

The Recuperative Care program is a partnership of the SAWC, Packard Health and 11 other groups including Michigan Medical Group and U-M's Community Technical Assistance, which will evaluate the program. This

See **RECUPERATIVE** page 11 **→**

Getting help at the RCC

Prospective patients must:

- · Be independent in activities of daily living or have a care provider come with
- Agree to the RCC and comply with medical recommendations
- · Be bowel and bladder continent
- Be sufficiently medically and psychiatrically stable
- Be able to self-administer IV antibiotics if they are part of treatment, or have a home health nurse to do so
- Not have received benzodiazepine for alcohol withdrawal within 24 hours
- Not have an active, contagious disease, such as the flu
- Be diabetes independent or would benefit from ongoing education and
- Have a condition with an identifiable end point of care for discharge

A social worker, registered nurse or prescriber can refer patients by faxing paperwork to 734-996-3022 between 8:20 a.m. and 4:30 p.m. Monday through Thursday and on Friday from 8:30 a.m - 1 p.m. They can follow up with a phone call to 734-662-2829 ext. 254 to inform staff and confirm the fax was received.

If the program director determines that the patient meets the RCC admission criteria and a bed is available, the patient will generally be transferred to the RCC by the discharging facility within two days. The discharging facility also supplies 30 days of necessary medications (unless the recommended course is shorter) and a walker or wheelchair, if required.

National Hispanic Heritage & History Month: ancient American civilization, colonization, independence

National Hispanic Heritage and History Month runs Sept. 15-Oct. 15. It is a time for celebration and reflection. Its history dates back to 1968, when Congress established a weeklong observance. President Ronald Reagan made it a monthlong celebration in 1988.

In Ann Arbor and Ypsilanti, there are several events to mark the occasion. University of Michigan's Colleges of Engineering; Business; Public Health; Literature, Science and Arts and other units on campus sponsor educational programs to celebrate the history and contributions of Hispanic Americans. Eastern Michigan University, Ypsilanti Public School System, Ann Arbor Public School System and Washtenaw County Community College have events exploring Hispanic heritage and history.

As of 2010, the U.S. Census reported that there were 57.5 million people of Hispanic origin. They represented 18% of America's population that year.

Archeological and anthropological research shows evidence that ancient American civilization was taking place concurrently with the ancient Greek, Egyptian, Phoenician and Mesopotamian civilizations. Each civilization developed building science and construction technology, navigation and ship-building, agricultural techniques and food cultivation.

"According to current scientific knowledge, human beings did not evolve in North or South America, but instead, arrived by a land bridge that formerly connected North America with Asia," according to the ancient web.

The Paleo Indians arrived in America during the last ice age. They passed over the Bering Strait, making the journey from Siberia to Alaska, and built small settlements around 12,000 years ago. A second wave from Asia to Alaska arrived around 8000 B.C.E. This group shared language and genetic connections to other American Indians who stayed in northern regions. They also share similar DNA with the aboriginals of Australia.

WILL SHAKESPEARE Groundcover vendor No. 258

Olmec civilization

When historians, anthropologists, archeologists and paleontologists talk about ancient American civilizations, their focus is on the Hispanic regions of America. Some cultural anthropologists describe that region as "Mesoamerica."

According to the Khan Academy Encyclopedia, "The Olmec were the first major civilization in Mexico. They lived in the tropical lowlands on the Gulf of Mexico, in the present-day states of Veracruz and Tabasco." The name, derived from the Aztec language, means "Rubber People." Historians tell us that the Olmec community existed from 1600 to 350 B.C. They built pyramids that somewhat resembled Egypt's pharaonic pyramids. Oral tradition and folklore suggest that during the Olmec civilization, some of the Native Americans talked about the "Great Flood" which followed the "Ice Age." The Olmec myth corre-

sponds to ancient

Greek mythology

now you don't!

Aztecs

The Aztec civilization emerged in Mexico around 1300 and spread to other parts of Central and South America. One common denominator with other regional civilizations was the building of pyramids. The Aztecs made contact with voyagers and explorers from Europe, Africa and Asia. There were more pyramids built in ancient America than in the whole rest of the world combined, according to history.

Incas

Mark Cartwright of Ancient History Encyclopedia said that "the Inca civilization flourished in what is now Peru from 1400 to 1533. The Inca empire eventually extended across South America from Quito in the north to the largest empire ever in the Americas, and the largest in the world at the time." engineering is a marvel to scholars. The Inca people built a 20,000-road network which still serves modern Andean regions.

Mayans

The Mayan civilization was the largest in Ancient America. It was massive. The Mayan civilization dates to around 2000 B.C. and lasted until

mids. They built cities. They developed scientific agriculture. They traveled and traded over long distances. They civilized societies across the Americas.

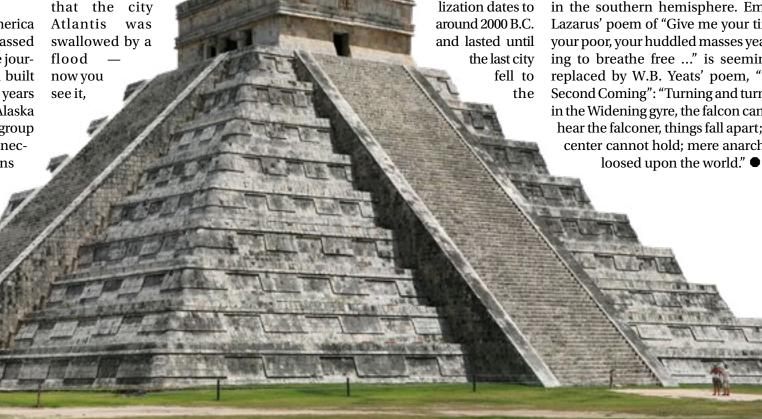
In his fictional story of the Spanish

Spanish in 1697. Mayans built pyra-

Colonization & independence

colonization of Central America and South America, "Montezuma's Daughter," adventure writer H. Rider Haggard lamented the horror of the Spanish conquest, inquisition and occupation of American Indian lands. Through the voice of Thomas Wingfield, Haggard talked about time "spent among the Indians when Cortez conquered their country of 'Anahuac' which is now 'Mexico.'" The French colonized Mexico from 1862 to 1867. Other Central American and South American nations, including the Caribbean nations of Cuba, Dominican Republic and Puerto Santiago, Chile in the south, making it Rico, were colonized by Spain. Historians say Sept. 15 is significant "because it is the anniversary of independence The Incas built the first suspension for many Latin American countries. bridge in America. Their innovative Mexico celebrates her independence on Sept. 16, Chile on Sept. 18, and Belize, during the month of September.

> Veronica Vasquez, President of National Image Inc., once said, "Hispanic Americans have recently been subjected to attacks on our loyalty. It is now time to remind people of the many contributions of Hispanics to the history of our nation." The good neighbor policy promoted by President Harry Truman in 1947 is now a distant dream in the southern hemisphere. Emma Lazarus' poem of "Give me your tired, your poor, your huddled masses yearning to breathe free ..." is seemingly replaced by W.B. Yeats' poem, "The Second Coming": "Turning and turning in the Widening gyre, the falcon cannot hear the falconer, things fall apart; the center cannot hold; mere anarchy is





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Getting to know me

AARON ST. GERMAIN

Groundcover prison correspondent

After my article about prison pen pals, I heard that people wanted to know more about me, so here goes.

I was born in Marinette, Wis., but raised a half-mile away in Menominee, Mich. I am part Native American and am trying to get adopted into the Hannahville tribe of Potawatomi Nation, where my mother and grandfather are enrolled.

in trouble with the law and it was for retail shoplifting. There were more charges over the next two years, along with probation violations. I went into juvenile placement and through two group homes in less than two years, and spent the next three years in a juvenile treatment center.

On my 17th birthday, I was released and did 90 days in jail for failure to comply with the courts (not graduating from my program). From 17 to 20, I was in and out of jail and on probation, then I came to prison when I was 20. I'm now 26.

Prison has been a wake-up call. This lifestyle sucks.

In my head, I used to justify the Brook Correction Facility things I did so they seemed okay. Then I heard other people voice exactly Muskegon Heights, MI 49444

what I was thinking. That was my aha moment — hearing someone else justify why it is okay to hurt other people. I'm like, "Man, he sounds like a moron!" then realized, "Damn, that's me!" I was disgusted with myself and full of shame.

Now I try to make my days productive. I like to write; I have a journal full of poems I'd love to publish. Another inmate, Robert, told me about Groundcover News.

I enjoy the outdoors. I love to swim, I was 10 years old the first time I got bike and play backyard football. I'm a huge Harry Potter fan (LOL) and a Philadelphia Eagles fan. I'm kind of a nerd. Anime, fantasy and science fiction are musts in my life. I like rock and country music. I'm trying to save money up for a tablet and to buy music

> In person, I'm shy, but when I open up, I explode. I can honestly say I'm not like anyone you've ever met. I'm a unique individual.

I love writing people and don't really have anyone to write, so if anyone wants to correspond with me, I'm all

Aaron St. Germain #852963 2500 S. Sheridan Dr.

We can change our authoritarian mindset

KEN PARKS

Groundcover vendor No. 490

If it takes a village, what do we do when our villages are destroyed?

To explore this question, Sunward Cohousing and Conscious Café are hosting a permaculture workshop in early October (see Conscious Café's Facebook page for details). Permaculture is a popular approach to designing (and redefining) human society in ways that promote harmony with nature. Conscious Café, open to the public from 7 a.m. to 3 p.m. every Wednesday, is a local hub for connecting and networking with others around permaculture and related topics.

Let us also look towards Indigenous paid the ultimate price. Day on Oct. 14 with explorations about land that can be shared for a local, indigenous-centered ecovillage. Let's form a team that learns to think together

and get our hands in the earth.

The following paragraphs, written from Cuba, are thoughts that arose after my August Groundcover article, "It takes a village; we can build it." I am in Ann Arbor through mid-October, a good month for indigenous ecovillage planning.

For European-heritage people, we would have to know something of the Roman Empire. Even when some of the Germanic tribes pillaged Rome, the adaptation to authoritarian ways evolved into the Holy Roman Empire with the Church being prominent. The Roman Empire eventually fell, due in no small part to ecological collapse; Rome failed to live within nature's laws and

Like ancient Rome, today the lure of private property and wealth is strong

See **MINDSET** page 11 **→**





Bulk & Gourmet Foods has moved!

Colonial Lanes Plaza 1952 S. Industrial Hwy.

(Next to Benny's Diner)

Bring this flyer in for 10% off your next purchase.

Expires 11/15/2019

 Pasta Grains

Spices

Tea

· Nuts

· Dried Fruit

Flour

Candy

 Chocolate Coffee

Colonial Lanes Plaza . 1952 S. Industrial Hwy. . (734) 665-8884

Monday - Friday 8-7, Saturday 9-6, Sunday 10-5

Bethlehem United Church of Christ

whoever you are, and wherever you are on life's journey, you are welcome here 423 S. Fourth Avenue, Ann Arbor, MI 48104 734-665-6149 Bethlehem-ucc.org facebook.com/bethlehemuccA2 Bethlehem Church is home of the Groundcover office



OCTOBER 2019 EVENTS AT BETHLEHEM

October 1, 8, 22, 29 Gentle Yoga, 5:30

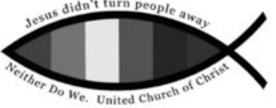
German Pretzel Sales, 11-1, \$1 or \$10 dozen October 3

Pre-order at 734-665-6149

October 3, 17

Bethlehem Prayer Circle, 11:30-12:15 Oktoberfest dinner, 6:30-8 Ticket orders 734-665-6149

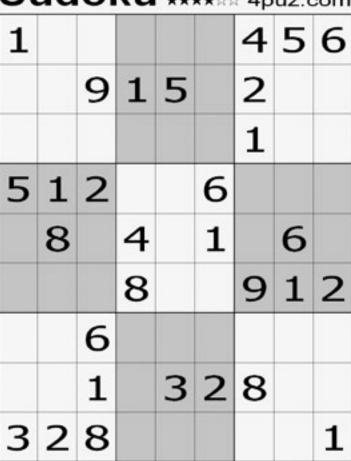
Football parking in the church lot October 5, 26 All Church Game Night, 6:30-8:30 October 10



Sunday Worship Times 8:30 a.m. Chapel 10:00 a.m. Sanctuary 10:15 a.m. Sunday school Coffee Connection

follows each service

Sudoku **** 4puz.com



OCTOBER 2019

Fill in the squares so that each row, column, and 3-by-3 box contain the numbers 1 through 9.

CRYPTOQUOTE

MTD MNKD NQ YUFYPQ SNWTM MV AV FTYM NQ SNWTM. **KYSMNR UXMTDS GNRW CS**

Hint: S = R

Standard Deviation

PUZZLES

by Tracy Bennett

ACROSS

- Family man 5. Acronym for a 4-discipline
- educational curriculum 9. Deceptive stratagems
- 14. Lincoln and Vigoda,
- informally 15. Juanita's "Howdy!"
- 16. Geologic period
- 17. Colleagues at the office
- 19. "Roger & Me" documentarian Michael
- 20. Pumpkin pie spice 21. Mass-times-velocity, or
- impetus 23. What you used to be?
- 24. Jeans material
- 25. Astute
- 27. Framework you can count on? Assigned office parking space, e.g.
- 36. ___ of passage (transitional event in one's life)
- 38. Bring joy to 39. Not al fresco
- 41. Anarchist's cry at the start of a
- game, perhaps 43. Actor Reeves of "The Matrix"
- 44. Jimmy Cliff classic "
- Rivers to Cross"
- 46. Feel the absence of dearly 47. Imitation
- 49. Sudden, forceful wind
- 51. Native New Zealander
- 53. Wedge-shaped leveler
- 57. Comparable entity or equivalent
- 61. The Necto on Friday, or Aut
- any day 63. Joint U.S./Canada military
- 64. What Poe's raven quoth
- 66. Words of denial
- toss (pre-game custom)
- practiced at the Big House) 68. Standard that's deviating six
- times in this puzzle
- 69. Enjoyed Boyne Mountain, say 70. "Green" deadly sin
- 71. Vodka brand that sounds

© Tracy Bennett (published via Adobe Acrobat DC)

DOWN

typically

1. Lowly chess piece

7. Neon or nickel, e.g.

9. "Don't forget!"

in Hollywood"

Japheth

creator

18. Not bold

11. Chimney buildup

22. Soccer star Hamm

26. Misclassify, say

8. Bricklayer or stonecutter

12. Light beige paint shade

13. Biblical brother of Ham and

24. Belief in a non-intervening

28. Michigan grad, e.g., at a class

29. Hollywood's state, informally

30. Salt Lake City collegians, for

- Roughly 3. Capital of Western Australia
- 4. " Another" (NPR's radio
- 35. Hawaiian coffee variety puzzle game show)
- 37. The blahs 5. Catch flies, in baseball
- 40. No longer fashionable 6. "Sesame Street" viewer. 42. They may precede veys
 - 45. Mutually accept

31. Cong. period

32. Fish that's also a dive

34. Suggested vitamin amts

33. Cabinet dept. concerned with

- 48. Veer suddenly 50. Old Russian ruler
- 52. Part of a pint or pound 10. Tarantino's "Once a Time
 - 54. Sacred songs
 - 55. Bygone Apple laptop
 - 56. Tie the knot
 - 57. Authors Patchett and
 - McCaffrey, for two
 - 58. Certain e-reader or alcove
 - 59. Intro to drawing class, perhaps
 - 60. Glittery golden cloth
 - 61. Millennials, informally
 - 62. ___ Martin (cognac brand)
 - 65. Woman's nickname that's a Roman numeral palindrome

Groundcover Vendor Code

While Groundcover News vendors are contracted self-employers, we still have expectations of how vendors should conduct themselves while selling and representing the paper. Every vendor reads and signs this code of conduct before receiving a badge and papers. If you discover a vendor violating any tenets of the code, please contact us at contact@groundcovernews. com or 734-263-2098 and provide as many details as possible. Our paper and our vendors should benefit our county. All vendors must agree to the

- Groundcover News will be distributed for a voluntary donation of \$2, or the face value of the paper.
- Lagree not to ask for more than face value or solicit donations by any other means.
- I will only sell current issues of Groundcover News.
- I agree not to sell additional goods or products when selling the paper or to panhandle, including panhandling with only one paper.
- I will wear and display my badge when selling papers.
- I will only purchase the paper from Groundcover News Staff and will not sell to or buy papers from

- other Groundcover News vendors, especially vendors who have been suspended or terminated.
- · I agree to treat all customers, staff and other vendors respectfully. I will not "hard sell," threaten, harass or pressure customers, staff, or other vendors verbally or physically.
- I will not sell Groundcover News under the influence of drugs or alcohol.
- I understand that I am not a legal employee of Groundcover News but a contracted worker responsible for my own well-being and income.
- I understand that my badge is property of Groundcover News and will not deface it. I will present my badge when purchasing the papers.
- I agree to stay off private property when selling Groundcover News.
- I understand to refrain from selling on public buses, federal property or stores unless there is permission from the owner.
- I agree to stay at least one block away from another vendor. I will also abide by the Vendor corner

challenge.

Releasing resentment and embracing forgiveness

KEVIN SPANGLER

Groundcover vendor No. 307

Here's an excerpt on forgiveness from my upcoming book, "Rising out of Depression and Going up the Royal Road."

Forgiveness is how you become free. By forgiving people and sending them positive energy you're actually helping yourself and helping them become better people, even if they have done you wrong. Even in the worst way you can possibly think — even for something we think we could never forgive, like physical abuse, mental abuse, sexual abuse. Even if the person you resent is no longer living.

Once you have mastered forgiving, you want to practice forgiving in an instant. When you want everyone around you to become better, it's important for you to break that negative resentment, because if you hold onto resentment, you're not hurting them; you're just hurting yourself.

We hold onto resentment like a piece of burning coal thinking it's affecting the person we're feeling searing resentment toward. Holding onto this burning coal of resentment keeps us in a negative mind state. When we hold onto negativity, we attract more negativity. Whatever we focus on is what we get. I kept resenting my father and kept going in and out of jail, and I kept drinking all the time. I was living in a negative world. We use the resentment to create a story that keeps us in the negative reality we are creating, like, if I would have had a better childhood, I wouldn't be going to jail.

As long as we hold resentments toward others, and do not take responsibility for our actions and externalize our current life state of negativity onto others, we will never be free. We think we are free, but in the very bottom of our mind, beneath all our conscious daily functioning, we are blaming someone else for the way things are when life does not satisfy us.

This is much easier than taking full responsibility for our own choices when they are creating a reality for us that we do not like. When we look at all the individuals we hold resentment toward and stop the complain-blame game, we are left with no one but ourselves, our thinking, and the reality we create based on our choices. Also, if we are still having an emotional reaction to someone that we feel wronged us, we are not free. If I was still holding onto resentment about my father, I would be thinking over and over about how bad my upbringing was, and that's why my life is so terrible. ... I would actually be continually re-creating the negative reality I am complaining about and blaming my father for.

At any moment someone could mention the person we feel so much resentment toward, or they could walk in the room, or we think about them out of nowhere, and we are so impacted by our negative feelings toward them that we give away our freedom in that moment to the power of the negativity. We are bound in that moment to our negativity, the power we are giving them, and the potential for that moment to be as beautiful as possible is lost because a shadow of negativity casts over it — and over time, life becomes less beautiful. Like I said, forgiveness is how you become free. Being aware of our resentments and how they are creating a negative reality is the key to forgiveness.

Forgiveness is a continual daily practice. I personally have forgiven before and then gone back to my resentment. Over time and with practice, though, forgiveness will prevail.

→ DEVELOPMENT from page 4

ests together and be financially viable?" Doug Kelbaugh, dean emeritus at Taubman College, says Allen's proposal is overdue and the students are ready for the

"It's remarkably sophisticated work for students, which is a testament to Peter, his students and the university," he said.

Creating affordable housing might sound undesirable to investors initially, but Allen's solution ensures public and private stakeholders are compensated and receive adequate benefits.

Because the U-M students and faculty District Library. consulting group would consider public properties to be redeveloped, the costs are significantly less than building on other land with land entitlement fees. Allen and his students have already created several site proposals in which they plan for retail spaces on the ground level of apartment buildings, bringing in additional income through leases.

Allen also proposes that housing in these new developments be split between affordable and market-rate prices, allowing public and private investors to profit while still increasing affordable housing rate is even higher among Ann Arbor options for the middle class.

"Getting public owners to continue to own their land has several benefits," Allen said. "First, it allows the public to stay at the table to ensure long-term affordability. Second, the public owner earns a long-term, land-lease annuity income from the net rents of the development. Third, all the development is on the property tax rolls and generates new property taxes for all the public taxing agencies. the affordable units."

Similar models of public and private development partnership have been done across the country in cities such as New York and Los Angeles. Allen's development accelerator proposal combines elements of these partnerships to better fit Ann Arbor's needs.

"It's a novel idea that Ann Arbor hasn't done before," Allen said. "It will have a profound impact on the mixed use of spaces and affordability for people making \$30,000 to \$60,000 a year. As we study this economic model, we can not only solve affordability, we can address sustainability and mobility if these places are more

Allen's students have already proposed one development for the county-owned surface parking lot on the corner of Ann **Emily Benda** is a freelance writer and North Main streets.

parking to replace the spaces in the parking lot, with the first floor transformed into local retail facing the sidewalk. Above the retail space, the proposal suggests affordable rentals with market-rate oneand two-bedroom apartments. Apartments in the building would be broken into 80% market-rate rent and 20% affordable rent for the median tenant income range of \$30,000 to \$60,000.

According to Allen, this site could be a priority for affordable housing development in downtown Ann Arbor, in addition to the surface parking lot at Fifth and William streets across from the Ann Arbor

While no business initiative between U-M and the city has been confirmed, Allen's proposal comes at a moment when the housing crisis has become urgent. According to a 2015 report commissioned by the Washtenaw County Office of Community and Economic Development, 45% of Ann Arbor renters making \$35,000 to \$49,999 a year paid more than 30% of their gross income on rent, the rate at which housing is considered unaffordable.

What's more, the unaffordable housing renters with annual income below

The study recommends that Ann Arbor build about 140 units of affordable housing every year until 2035 to meet the growing needs of a middle-class population. In the four years since the report, Ann Arbor has yet to come close to meeting these recommendations.

"We're barely keeping up with what (affordable housing) is being lost," Ann Fourth, the market-rate rents subsidize Arbor City Administrator Howard Lazarus said. "We clearly need to do something different. The growing university and student [body] is what's driving the lack of housing."

Before officially coming to an agreement on how any new development initiative would work, Lazarus says logistics, such as funding and a set of guidelines, will need to be put in place by the collaborating parties. However, Lazarus is hopeful the university and other public agencies can come together to provide Ann Arbor with more affordable

"[The city] has had this commitment to provide about 150 new affordable units a year and we haven't met that," Lazarus said. "We need to explore other choices."

based in Ann Arbor. You can contact her The proposal includes underground at emily@emilybenda.com.

10 for \$10

Exploring Washtenaw County on the cheap

ELIZABETH BAUMAN

Groundcover contributor

Looking for something to do that won't break the bank? Hoping to try something new? Wanting a little something sweet or savory? 10 for \$10 is here to provide you with low-cost or free things to do in Washtenaw County.

Meditation and Mindfulness for Adults. Join a local massage therapist and meditation leader as L she leads you through useful tools to cope with stress. 7-8:30 a.m., Oct. 2, at the Westgate Branch of the Ann Arbor Library.

⚠ View "What Lies Upstream" at the downtown branch of the Ann Arbor Library. This film documents a major chemical spill poisoning drinking water in West Virginia and addresses the Flint Water Crisis. 6-8 p.m., Oct. 3.

Head over to the historic Westside neighborhood for the annual Art Hop, a cross between an art walk and an art fair. More than 50 artists and 17 vendors will be on hand. 10 a.m.-5 p.m., Oct. 6. Get the map at westsidearthop.com.

Spend a Saturday afternoon roaming River Raisin Antiques at 138 E. Main St. in Manchester. While in Manchester enjoy an Italian grinder from Frank's. 104 E. Main Street.

Take a lantern-lit tour of Highland Cemetery in Ypsilanti. Tours are 7-9 p.m., Friday, Saturday and Sunday evenings from Oct. 11-27. \$10 cash; children 12 and under free. 943 N. River Street

Visit the Vietnam Veteran's Memorial at 7200 S. Huron River Drive in Ypsilanti. Reflect, honor and give thanks to those who died in service.

Get a Buscemi's sub (695 S. Maple) and then head over to Townie's Brewery for an Autumn Light Red Ale.

Join a docent at the UMMA and explore 1,000 found photographs. "Take Your Pick" invites you to help select photographs for the museum's permanent collection. Oct. 13. 525 S. State Street, Ann Arbor.

Before it gets too cold head over to the A&W in **Dexter for a root beer float.** 8220 Dexter-Chelsea

 Pregame for Halloween at the annual ypsi-**GLOW** in downtown Ypsilanti. You'll see hundreds of glowing creations and art installations and you'll dance in the street with DJs. Black light will be all around. 7-9:30 p.m., Oct. 25.

Want to contribute to **10 for \$10**? Send ideas for inexpensive experiences and treasures in and around our community to submissions@groundcovernews.

⇒ RECUPERATIVE from page 6

medically based model provides shelter, meals, medical care and housing case management to homeless people who need successful resolution of an acute medical condition or stabilization of a chronic medical condition.

The RCC provides four beds for men and two beds for women. Plans are to increase to nine beds. Although care and rest are provided, the RCC is not a skilled nursing facility. On-site nursing staff is limited to a couple of hours each day and is primarily for treatment planning and health education.

"We have Packard Health onsite already so they [participants] are going to have easy access to primary health care," Kelly said. "What that's going to do as well is give us more beds [on the second floor] that our community desperately needs — specialized shelter beds offering healing and immediate shelter but also nursing care, patient education, training for self-management of condition — and then work diligently to try to get them into housing and end homelessness in Washtenaw County once and for all."

The average stay at recuperative care

centers, nationally, is 33 days. Hope Recuperative Care in Oakland County is the only other medically based shelter in Michigan and is a model for Delonis. The average stay at Hope is 45 days.

Valerie Johnson is the case manager who helps folks in the Recuperative Care Center find permanent housing. "I will be working to find sustainable housing for them and make sure they have the services they need to stay in their housing and continue to manage their care," she said.

The Michigan Health Endowment and Blue Cross Blue Shield are providing two years of funding for this pilot program at the Delonis

The Delonis RCC accepted their first patient on Aug. 4. As of early September, Kelly reported, "We have four patients as of today and have seen drastic improvements in the health of those served thus far."

The existence of a medical shelter in the community is expected to benefit housing-insecure hospital patients. Evaluating it as an option will help with discharge planning and communication with the agencies of the Washtenaw Housing Alliance.

→ MINDSET from page 8

and pursued singlemindedly by the most organized forces of violence of the day. Human heritage and the inclination to share resources gets repressed. Social oppression and exploitation become the rule as people internalize the psychology of domination. Authoritarian rule becomes even more complex as technology feeds the illusion that we can conquer and control reality. Welcome to "civilization."

This precious human birth and its opportunities become even more obscured until we take the path of liberation and awaken to a more complete reality. Every human being can do this if we turn to our ancestors and the wisdom of the earth. We look inward at our own heart-mind complex.

There is much to learn. All those with definite indigenous heritage and awareness become central in the struggle. Creative science is a partner, especially the science of the mind recognizing itself. To those with eyes

CRYPTOQUOTE SOLUTION

The time is always right to do what is right. MARTIN LUTHER KING JR.

to see, this sacred earth becomes a living mother of life.

Grant your blessings that we get into the details of this transformation and grow the love that makes all things possible. ●

PUZZLE SOLUTIONS

173289456

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Bran muffins

ELIZABETH BAUMAN

Groundcover contributor

Ingredients

1 cup brown sugar

½ tsp salt

½ tsp vanilla

½ cup oil

1 egg

1 cup milk

1 cup flour

1 cup bran

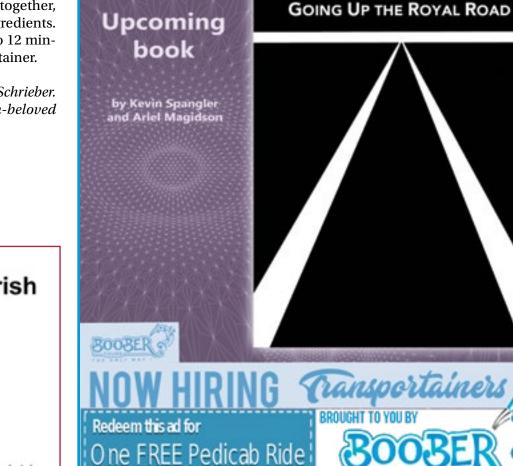
½ tsp baking soda

2 tsp baking powder

Directions

Mix first five ingredients together, then add the remaining ingredients. Bake at 425 degrees for 10 to 12 minutes. Store in an airtight container.

This recipe is courtesy of Ann Schrieber. It was from Rose, a much-beloved member of her family.



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